



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Elsner, Marcel

Club: Laufgruppe könig-fitness Ilseburg
Number: 506

Course: 9.60 km
Ilsesteinlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:22

Speed: 12.17 km/h
Running performance: 4:37 min/km

Rank in course/Total: 19 (of 174)

Rank in course/Men: 15 (of 112)

Best time in course: 34:18

Rank in category: 1(of 9)

Best time in the category: 44:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:24	5:42	4	1:25	34	6:45	4.10	23:24	5:42	2	1:25	17	6:45
Loddenke	2.20	8:24	3:49	1	-	10	1:30	6.30	31:48	5:02	2	1:07	17	8:15
Ilseburg/Markt	3.30	12:34	3:48	1	-	10	1:49	9.60	44:22	4:37	1	-	15	10:04